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Tuesday, December 18, 2012

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ANA IN OUR HEARTS

About 75 people gathered outside the University of Winnipeg's downtown campus Monday night for a candlelight vigil to honour six-year-old Ana Marquez-Greene, one of the victims in last Friday's school shooting in Newtown, Conn. The little girl had lived in Winnipeg with her parents and brother before moving in the summer. Her mother, Nelba, worked at the university's Aurora Family Therapy Centre, near where the vigil was held. A second vigil in memory of Ana and the other victims will be held at 7 p.m. Tuesday at the University of Manitoba's Eva Clare Hall at 65 Dafoe Rd. Ana's father, famed musician Jimmy Greene, was a jazz instructor at the University of Manitoba from 2009 until earlier this year. More coverage of the shootings, page 4. SHANE GIBSON/METRO

Santa lifts off

Northern touch. More than 20,000 gift bags will be delivered



SHANE GIBSON
shane.gibson@metronews.ca

Assembly of First Nations National Chief Shawn Atleo and David Harper, grand chief of Manitoba Keewatinowik Okimakanak (MKO), joined Santa and Mrs. Claus in Winnipeg Monday for the launch of the 2012 MKO Santa Express.

The MKO Santa Express will travel by air to all 30 MKO First Nations over the next four days to deliver more than 20,000 gift

bags of candy and toys to kids.

"We wanted to do this for the children up north who don't have the privilege of going to the mall and meeting Santa," explained Harper before boarding a plane loaded with goodies at Perimeter Airlines.

"It's bringing Santa to them."

Now in its fourth year, the MKO Santa Express will travel by plane and helicopter to reach even the most remote reserves.

Chief Atleo, who will be participating in the first two days of the Santa Express, said he cannot wait to see the happy faces of the children as they interact with the Clauses.



Santa Claus boards the MKO Santa Express, Monday. SHANE GIBSON/METRO

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Orland Joseph Adams. Latest homicide victim was known to police

Winnipeg police have identified the 49-year-old man killed at a St. Boniface home last Friday as Orland Joseph Adams.

Police said during a press conference on Monday that Adams was assaulted at his home in the 500 block of St. Catherine Street around 9:45 p.m. and later died of his injuries in hospital.

Police spokesperson Const. Eric Hofley said Adams was known to police, but couldn't say whether investigators consider his killing gang- or drug-related.

Police are asking anyone who might have seen a suspicious vehicle, person or people in the area at the time to call investigators at 204-986-6508 or Crime Stoppers at 204-786-TIPS.

The homicide is the city's 29th of the year.
METRO



The scene on Saturday outside a home where a man was assaulted and later died. STAN MILOSEVIC/CHRIS.DA

Rental housing relief

Funding. Feds, province earmark \$14.7M for rental housing renovations

MEG CRANE
winnipeg@metronews.ca

Finding rental housing is difficult for anyone, but it can be especially difficult for immigrants who may not have a lot of money or resources.

That's why the governments of Canada and Manitoba "are funding a major redesign of 470 Pacific Ave. to accommodate multi-generational and larger families," Canada's Minister of Public Safety Vic Toews announced on Monday.

Sixty rental units in the Immigrant and Refugee Community Organization of Manitoba (IRCOM) building will be renovated with the \$14.7 million the two levels of government have put toward the project, Toews said.

The units should be finished by next Christmas, said Manitoba Minister of Housing and Community Development Kerri Irvin-Ross.

"We know the importance of new Canadians coming to Manitoba," Irvin-Ross



IRCOM's executive director Abdikheir Ahmed, left, president of the board of directors Lindsay Ward, and ministers Kerri Irvin-Ross and Vic Toews discuss the importance of affordable housing for newcomers. GRAEME COLEMAN/FOR METRO

added.

New Canadians, once settled, contribute to the local economy, said Toews, making it very important to provide them with safe, affordable housing to help them get a good start.

"At a time when the vacancy rate of affordable

housing in Winnipeg is close to 0 per cent, and the general housing vacancy level is as low as one per cent, IRCOM Isabel (the collection of housing units) provides a relief to many new Canadians whose future in Canada depends on the access to new, decent housing," said

Abdikheir Ahmed, executive director of IRCOM, who was a refugee himself.

"At IRCOM, we don't simply provide a shelter from the cold. We provide people with a supportive place to call home, a new home, and, perhaps for the first time in many years, a safe home."

Investigation

Police officer discharges gun during confrontation

A confrontation between a Winnipeg police officer and a suspected thief in Transcona is under investigation after police said the officer discharged his firearm.

The incident took place at about 2:30 a.m. on Monday, when police were called to the 400 block of Pandora Avenue to scope out an alleged commercial break and enter in progress.

Several units responded, including the canine unit, and the suspect was tracked to the 800 block of Kernaghan Avenue. Police said this is when the confrontation occurred and the firearm was discharged.

There were no injuries and a man was taken into custody.

Const. Eric Hofley said the Homicide Unit is investigating, which is the procedure anytime an officer discharges a weapon.

More information will be released if it becomes available.
METRO

Serious assault

Woman sexually assaulted in North End

Winnipeg police are investigating after a 42-year-old woman was sexually assaulted in the North End early Sunday.

The suspect is described as aboriginal, between 20-30 years old, around five foot six inches tall, with an average build. Anyone with information should call investigators at 204-986-6245 or Crime Stoppers at 204-786-TIPS. **METRO**


Pepper spray

Teen facing charges following robbery

Officers came upon a robbery while on patrol Sunday afternoon, Winnipeg Police said during a press conference on Monday.

A 14-year-old victim was walking near the corner when he was allegedly threatened by a young man with a can of pepper spray. A suspect, also 14, has been detained and is facing several charges.
METRO

1 NEWS





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Transit Tuesday



Weekly Transit News Update

DON'T FORGET TO CELEBRATE SAFELY ON NEW YEAR'S EVE

Celebrate safely and let Winnipeg Transit be your designated driver this New Year's Eve. Starting at 7 p.m. on Dec. 31, you can ride Winnipeg Transit for free until end of service (approximately 1:45 a.m.) courtesy of Manitoba Public Insurance. As a road-safety leader in the province, Manitoba Public Insurance is committed to reducing alcohol-related collisions, deaths and injuries. For route and schedule information, visit winnipegtransit.com or call 311.

HOLIDAY SERVICE REDUCTION

On Dec. 24, Dec. 27-28, and Dec. 31, Winnipeg Transit will operate on a regular weekday schedule. Winnipeg Transit will operate on a Sunday schedule on Christmas Day (Dec. 25), Boxing Day (Dec. 26), and New Year's Day (Jan. 1, 2013). For route and schedule information, visit winnipegtransit.com or call 311.

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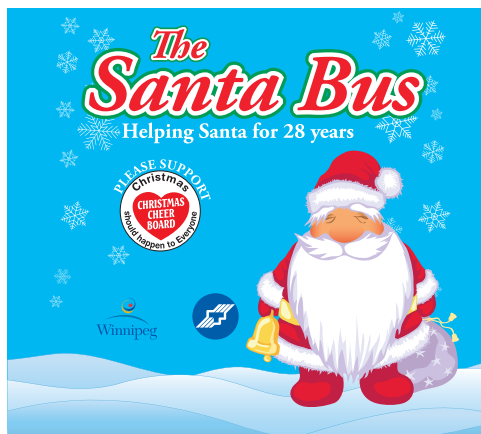
Effective Jan. 1, 2013, full and Handi-Transit cash fares will be \$2.50. Reduced and Senior cash fares will be \$2.00. New rates for tickets and passes will also be in effect Sunday, Jan. 1, 2013. Your 2012 bus ticket will be accepted until March 31, 2013. Winnipeg Transit's new fare structure continues to offer substantial reductions in fares for seniors and qualifying students. For complete fare information, visit winnipegtransit.com or call 311.

WINNIPEG TRANSIT PRESENTS THE 2012 SANTA BUS

Winnipeg Transit's Santa Bus is on the road collecting cash donations for the Christmas Cheer Board. The Santa Bus features larger-than-life images of the jolly old man himself along with all his happy reindeer on the exterior of bus #272.

"Last year, the Santa Bus collected \$16,000 for the Christmas Cheer Board and we're ho-ho-hoping to collect even more this year," said Mr. Claus. All cash fares and donations collected on the Santa Bus go directly to the Christmas Cheer Board. For more information about the Christmas Cheer Board including how to volunteer, please visit christmascheerboard.ca or call 204-989-5680.

Since 1985, the Santa Bus has raised more than \$335,000 in donations. The Santa Bus will be collecting cash donations until Dec. 24.



Students embrace while wearing Newtown school sweaters outside the funeral for six-year-old student shooting victim Jack Pinto in Newtown, Conn., Monday. Friday's shooting has brought the gun control debate in the U.S. to a boiling point. CHARLES KRUPA/THE ASSOCIATED PRESS

Students mourn slain classmates

Connecticut shooting. Gunman's motive still unknown, but investigators believe he attended Sandy Hook

The Connecticut town shattered by last week's school massacre held its first two funerals Monday, as officials weren't sure whether the school itself would ever reopen. Nervous students and teachers across the U.S. returned to classrooms under tighter security.

Family, friends and townspeople streamed out of two funeral homes after saying goodbye to Jack Pinto, who loved

Coping with fear

"I don't want to see my kids go to schools that become maximum-security fortresses. That's not the world I want to live in, and that's not the world I want to raise them in."

Noah Pozner mourner Ray DiStephan

the New York Giants football team, and Noah Pozner, who liked to figure out how things worked mechanically. Friends and loved ones headed for two cemeteries afterward.

In front of the funeral home where relatives were mourning Noah, well-wishers placed two teddy bears, a bouquet of white flowers and a single red rose at the base of a maple tree. Hymns rang out from inside the funeral home

where Jack's service was being held. "The message was: You're secure now. The worst is over," one mourner, Gwendolyn Glover, said.

The boys were being buried a day after the small community of Newtown came together for a vigil where President Barack Obama said he will use "whatever power" he has to prevent similar massacres.

"What choice do we have?" he said. "Are we really pre-

pared to say that we're powerless in the face of such carnage, that the politics are too hard?"

Investigators have offered no motive for the shooting, and the Connecticut community is struggling to comprehend what drove 20-year-old Adam Lanza to shoot to death his mother at home in bed Friday morning, drive her car to the school and unleash gunfire on six adults and 20 children.

Obama has given no specifics on what he might do, and White House spokesman Jay Carney on Monday warned that "no single piece of legislation or action will fully address the problem."

THE ASSOCIATED PRESS

Gun debate simmers as Democrats call for ban on assault rifles

A U.S. senator and lifelong member of the National Rifle Association became the most prominent gun rights advocate to speak out after last week's school shooting, saying Monday it was time for the debate to move beyond political rhetoric and begin an honest discussion about reasonable restrictions on guns.

As many gun-rights advocates and politicians remained silent, the killing of 20 children as young as six years old led conservative Democratic

Sen. Joe Manchin to speak out Monday.

"Never before have we seen our babies slaughtered. It's never happened in America that I can recall, seeing this carnage," Manchin told MSNBC. "Anybody that's a proud gun owner, a proud member of the NRA, they're also proud parents, they're proud grandparents. They understand this has changed where we go from here."

The self-described "proud outdoorsman and hunter"

added, "I don't know anyone in the sporting or hunting arena that goes out with an assault rifle, I don't know anybody who needs 30 rounds in a clip to go hunting."

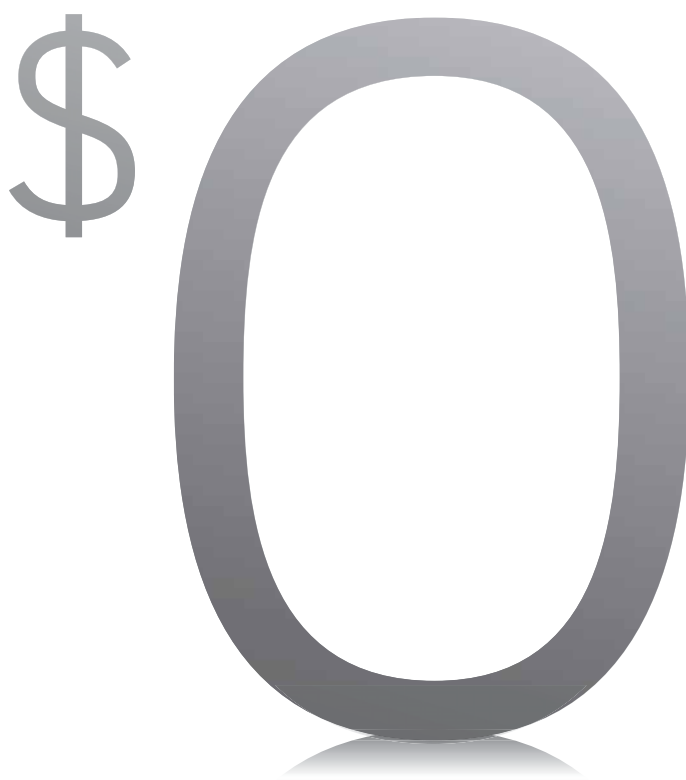
Democrats say the "meaningful action" Obama has spoken of in the wake of last week's shooting must include a ban on the military-style assault weapons and a look at how the country deals with individuals suffering from serious mental illness.

THE ASSOCIATED PRESS



Protesters march to the NRA headquarters in Washington, Monday. THE ASSOCIATED PRESS

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Police bias let Pickton keep killing: Inquiry

63 recommendations.

Report says the disappearance of sex-trade workers was considered routine

Bias against the poor, aboriginal, drug-addicted sex workers in Vancouver's troubled Downtown Eastside led to a series of failures that allowed serial killer Robert Pickton to hunt unimpeded by police for years, a public inquiry has found.

Commissioner Wally Oppal's 1,448-page report, released Monday, chronicles years of mistakes that allowed Pickton to lure dozens of women to his farm in Port Coquitlam, B.C., with little interference from police and even less concern from the public.

"Put yourself in the shoes of one of the missing and mur-



RCMP delayed interviewing Robert Pickton, above, because he was "busy" on the farm, a report says.
THE CANADIAN PRESS FILE

dered women and think how it would feel if you were ... considered unworthy of attention," said Oppal in a news conference.

Among other mistakes,

Oppal criticized authorities for being reluctant to accept the possibility of a serial killer, handing the investigation to untrained officers, halting work for months at a time and assuming the disappearances stopped before they did.

He made 63 recommendations, including a regional police force for the greater Vancouver region and policy changes to ensure they reflect the needs of impoverished women.

Oppal also called for more services for sex workers and other vulnerable women, including immediate funding for a 24-hour drop-in centre in the Downtown Eastside for sex workers and a transportation service for women and girls who would otherwise resort to hitchhiking along the so-called Highway of Tears in the province's north.

THE CANADIAN PRESS



So this is what a 35-car pileup looks like

A car is caught between two semi trucks Monday in a pileup on a slippery highway near Quebec City that involved more than 35 vehicles. The accident on Highway 40 in Portneuf, Que., involved transport trucks and cars, and multiple collisions that saw some cars hit repeatedly. A number of people sustained minor injuries.

JACQUES BOISSINOT/THE CANADIAN PRESS

Fate of six robocall ridings up to judge

The electoral fates of six Conservative MPs, once strictly the purview of Canadian voters, landed in the hands of a judge Monday as lawyers on both sides of the so-called robocalls case wrapped up their arguments.

It now falls to Federal Court Judge Richard Mosley to decide whether the evidence merits the drastic step of throwing out the results of last year's federal election in the six ridings in question.

No matter how Mosley

rules, an appeal is all but guaranteed. The Council of Canadians, a political advocacy group that bankrolled the court challenge, says it will appeal if a ruling comes in favour of the MPs.

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Woman fined at Berlusconi sex trial in Italy

Strategy? Main witness failed to appear in court; prosecution accuses the defence of trying to delay a verdict

A Milan court fined a Moroccan woman at the centre of Silvio Berlusconi's sex-for-hire scandal 500 euros (about \$650) on Monday for failing to appear as a witness twice at the former prime minister's trial. It ordered her to testify in January.

Karima el-Mahroug, also known as Ruby, is the last witness to be called in the sensational trial that accuses Berlusconi of having paid for sex with el-Mahroug when she was 17, and then trying to cover it up. Both deny having had sex.

The court ordered el-Mahroug, who is in Mexico on vacation, to testify on Jan. 14, confirming the necessity of her testimony.

Prosecutors have accused the defence, which called el-Mahroug as a witness, of engaging in a strategy to delay a verdict — which has included calling witnesses who have failed to show.

Italian law does not carry particularly strict penalties against witnesses who fail to appear, and in some cases the court may decide their participation is not essential.

Prosecutors are scheduled to give their closing arguments on Jan. 28, followed by the defence on Feb. 4.

That leaves room for the verdict to be delivered in February, just as Italy is headed toward a national election.

THE ASSOCIATED PRESS



Karima el-Mahroug, also known as Ruby, in Milan in 2011. THE ASSOCIATED PRESS FILE



Controversial former Italian prime minister Silvio Berlusconi, left, recently announced he is engaged to Francesca Pascale, 28, right, who is part of a support group called *Silvio, we miss you*. THE ASSOCIATED PRESS FILES

Nova Scotia

Teacher resigns after conviction

A Nova Scotia school board will pay the bill for a judicial review involving a Grade 3 teacher who was convicted of committing indecent acts. He pleaded guilty but an arbitrator said he should get his job back; the decision was upheld by a court. But in a settlement with the board Peter Speight resigned and will lose his provincial teaching licence. THE CANADIAN PRESS

Divorce Brazilian style

Law has made divorce easier, quicker in Brazil

The number of Brazilians getting divorced is at a record high. According to their statistics agency, more than 350,000 divorces occurred in 2011, up 46 per cent from 2010. Before, Brazilians had to be separated for a year before they could seek a divorce. Now, there is no wait. THE ASSOCIATED PRESS

Australia

Compensation awarded for injury during sex

An Australian court has ruled that a bureaucrat who was injured while having sex on a business trip is eligible for worker's compensation benefits. The Court ruled Dec. 13 in favour of the woman, who cannot be identified, and rejected the appeal of the insurer. THE ASSOCIATED PRESS

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Public consultation

CRTC wants input on 911 service

The CRTC is asking Canadians for ideas on how to improve the 911 emergency service in light of changing technology.

The Canadian Radio-television and Telecommunications Commission said it will review the findings of the public consultation by the end of next May. "Each year, the 911 system is relied upon by thousands of Canadians during emergency situations," commissioner Tim Denton said in a news release.

Denton will conduct research on 911 services in light of the telecommunications system's evolution to next-generation networks based on Internet protocol.

THE CANADIAN PRESS

Discount travel

Air Canada sets launch date for new carrier

Air Canada plans to launch its new low-cost airline Tuesday in Toronto. The company gave few details but promised more information would be released at the event. Air Canada executives will be on hand and the company will also host a vacation giveaway in downtown Toronto.

The unnamed discount carrier will focus on leisure destinations in the United States and Caribbean and some routes in Europe.

It will begin operations with two Boeing 767-300ER and two Airbus A319 aircraft that will be released from Air Canada's mainline fleet. THE CANADIAN PRESS

Governor's summer holiday didn't break conflict rules: BoC

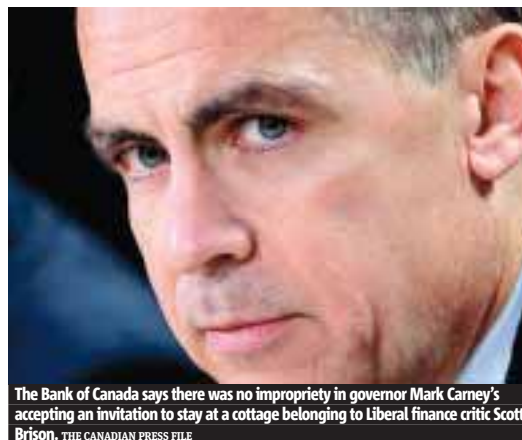
Most boring cottage party ever? Carney vacationed with Liberal finance critic while he was being courted for leadership race

The Bank of Canada tried to quell questions about its governor's impartiality and judgment Monday, saying Mark Carney was not a foul of conflict rules by vacationing in the summer at the cottage of the Liberal finance critic.

The central bank confirmed a weekend report that Carney stayed at Scott Brison's Nova Scotia cottage while key members of the Liberal party were courting him for the leadership.

Spokesman Jeremy Harrison said there was nothing improper in the visit, and that bank duties were not discussed.

"The Bank of Canada's general counsel, who is respon-



The Bank of Canada says there was no impropriety in governor Mark Carney's accepting an invitation to stay at a cottage belonging to Liberal finance critic Scott Brison. THE CANADIAN PRESS FILE

sible for enforcing the bank's conflict-of-interest policy, has assessed that this visit does not breach the bank's conflict of interest guidelines in any way," Harrison said.

"Neither the Bank of Canada nor governor Carney have an actual or potential commer-

cial or business relationship with Mr. Brison."

Harrison added that Carney and Brison had been friends for about a decade and that the visit to the MP's cottage at Cheverie, N.S., cannot "be defined as partisan or political activity."

THE CANADIAN PRESS

RIM. Rogers begins orders for 'all-touch' BB10 devices

Rogers Communications says that its current wireless customers are now able to place orders for BlackBerry 10 smartphones.

The new BlackBerry 10 devices on offer will be "all-touch" and won't have the physical keyboard that BlackBerry users are used to typing on. But Rogers won't be providing details on pricing, availability or specifications until early in the new year.

Research In Motion has previously said an "all-touch" version of its new phones would be released first, followed by a model with a physical keyboard shortly afterward.

RIM announced separately that it's giving an invitation-only preview of the BlackBerry 10 to more than 120 select government and private-sector customers in a variety of industries.

The two announcements are part of efforts to build interest in a new generation of BlackBerrys in hopes of reviving the Canadian technology company. THE CANADIAN PRESS

Market Minute

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IMPORTANT LINK BETWEEN VISION AND LEARNING

As a new school year begins, is your child dreading the thought of it?

Rest assured the lack of enthusiasm is not because of poor parenting, uncaring teachers, or laziness. Children don't choose to hate school. They all wish to excel and enjoy the experience of learning. Unfortunately, one in four children is likely struggling in school because of an underlying vision problem. And because 80 per cent of what we learn in school comes to us through vision, a visual dysfunction can make learning difficult and frustrating. When vision problems are left unresolved, children begin to lose self-

esteem and often react negatively to any task that requires precise vision.

Often, vision problems go undetected because the signs and symptoms may be similar to those attributed to conditions such as ADHD and a learning disability, or characteristics such as laziness and stubbornness. A child rarely reports he has a vision problem because he is unaware that others see things differently. Many feel stupid and are frustrated they cannot keep up with their peers. Even for those who manage to handle the workload, they too endure the headaches, fatigue and eyestrain. Left untreated,

Below are physical and behavioural indicators of a vision dysfunction:

- Headaches in forehead or temple area
- Red, itchy, burning or watery eyes
- Excessive blinking or eye rubbing
- Squint, frown, scowl
- Double vision
- Intermittent blur
- Fatigue quickly when reading or performing near tasks
- Excessive head movement when reading
- Words or letters appear to move or run together on page
- Frequent loss of place when reading
- Skip or repeat words or lines of text
- Confuse similar words, can't recall same word in paragraph
- Poor comprehension
- Dislike or avoid reading
- Very close reading / copying distance
- Lean on arm or lay head down when printing
- Write poorly (crooked, uphill, poorly spaced, slow to copy)
- Say "I can't" before really trying, give up easily
- Emotional difficulties (tears, anger, defiance, meltdowns, withdrawal)
- Clumsy, poor balance, knock things over
- Poor or inconsistent at sports or play

these problems continue into adulthood.

Unfortunately, a regular eye exam only assesses the health of the eyes

and whether glasses may be required. Therefore, many vision disorders are overlooked during a regular eye check-up. Although sight is physical, vision is a brain function. It's our brain that controls how the eyes move, and the accuracy and precision of those eye movements. It's our brain that controls the eye muscles that contract for near and relax for distance viewing. It's our brain that determines where to look, how long to look, and what we look at next. It's our brain that recognizes the small differences in some words, determines where things are in space, and processes words as units rather than individual letters.

If you are concerned your child may have a vision problem, Anderson Family Vision Care offers Neuro-Development Vision Assessments and Vision Therapy. Our doctors are members of the College of Optometrists in Vision Development and have taken a special interest in this field of study. Our vision therapists are also members of the college, and are among the most highly trained in Canada. For more information, call 204-633-7482.

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IT'S ACTUALLY NOT THE END OF THE WORLD



SHE SAYS...
Jessica Napier
metronews.ca

Do you have all of your affairs in order? Have you told all of your friends and family just how much you love them? Because if the fear-mongers are to be believed, we only have a few days left to say

our goodbyes before an apocalyptic end-of-days descends upon us all on Dec. 21.

A fate foretold by hieroglyphs and perpetuated by a terrible John Cusack disaster movie, the Mayan doomsday prophecy represents the end of the Mesoamerican Long Count calendar. This so-called Day of Reckoning will bring about something (although no one is quite sure what exactly) that will mean the end of the world as we know it.

Prepping for reality

And yet, despite all the evidence to the contrary (you know, science), people around the world are very into this faux-pocalypse.

But before you get too nervous about solar flares, catastrophic floods and swarms of killer bees, just stop. NASA went and debunked the whole thing by releasing a video entitled Why the World Didn't End Yesterday, a whole 10 days ahead of schedule. Their official statement is something along the lines of: "Our planet has been getting along just fine for more than four billion years so everybody just relax, OK."

And yet, despite all the evidence to the contrary (you know, science), people around the world are very into this faux-pocalypse. Alarmist bloggers are convincing people to hunker down with canned goods while New Age visionaries are purchasing one-way plane tickets to a remote village in Turkey renowned for its protective energies. And then there's that Chinese farmer who is spending hundreds of thousands of dollars building an ark as a precautionary measure — AN ARK!

I'm tempted to join in on the fun: host a doomsday pity party for myself and listen to Britney Spears' Till the World Ends on repeat while drowning my sorrows in a pint of Häagen-Dazs Mayan Chocolate ice cream. But rationally, we all know that we've got nothing to worry about; we're still buying Christmas presents and making plans for New Year's Eve. I'm actually inclined to think that the whole thing might just be a way for companies to cash in on tasteless apocalypse-blowout-sales and end-of-the-world-themed merchandise.

So even though I love a good conspiracy theory, I think I'll side with our modern-day scientists over an ancient civilization and its 5,125-year-old calendar. However, if your Judgement Day predictions involve a sexy astronaut version of Ben Affleck saving us all from a rogue asteroid, you definitely have my attention.

Follow Jessica Napier on
Twitter @MetroSheSays



The Mayans never predicted the world would end Dec. 21. The date marks the end of the 13th baktun, a time to flip the calendar to the 14th baktun — a significant day and cause for celebration. PETERCASTLETON/FLICKR

Do you do takeout?



SOLENT

Culinary world record

World's largest pizza gets served

Five Italian chefs have set a new record for the world's largest pizza, which is a staggering 40 metres in diameter — the length of nearly three buses.

Such was the size of the massive margherita that the chefs in Rome had to bake the dough in 5,234 separate batches over a 48-hour period.

The gargantuan food item is made gluten-free in order to raise awareness about celiac disease, the most frequent food intolerance worldwide.

METRO

What's in a name



"We named the pizza Ottavia (after Roman Emperor Octavian Augustus Caesar) to symbolize the hope of a great economic and cultural revival."

Dovilio Nardi, head of the Italian chef quintet

Too cheesy?

- 8,981 kilograms of gluten-free flour, mixed with 11,274 litres of water
- 4,535 kilograms of tomato sauce
- 675 kilograms of margarine
- 250 kilograms of salt: over 40,000 times an adult's recommended daily allowance
- 3,991 kilograms of cheese
- 100 kilograms of lettuce
- 25 kilograms of balsamic vinegar
- 1,354 litres of yeast

Extra, extra large

23,224

kilograms is the total weight of this prodigious pizza. The colossal size is the same as more than 68,300 regular frozen pizzas put together.

The team broke the previous record, set in 1990 by Norwood Pick 'n Pay hypermarket in South Africa. The former record holder's pizza was made of gluten and measured 37 metres.

Online

For more of Metro's voices, visit metronews.ca.



Register at metropolitanpanel.ca and take the quick poll

If you had been the owner of the Ikea monkey, how would you have dressed it for its international debut?

60%
MY MONKEY WOULD REQUIRE NO FANCY ATTIRE!

20%
I ADMIRE THE SHEARLING COAT — HE KEPT IT CLASSY

0%
IN AN UGLY CHRISTMAS SWEATER

20%
IN AN 'I HEART BIBER' T-SHIRT

Twitter

@rickiethe_hero: Well so much for a month free of murders. #winnipeg #murder-capitol

@Martin_Rayner: Snowing in #Winnipeg... (again!) If nothing else, it makes the 'hood look festive.

@nicolebarry204: #Winnipeg is looking nothing short of breathtaking this morning.

@stma0020: So much snow in #Winnipeg! Now it really feels like Christmas!!!

@carolbrisebois: #Winnipeg is wearing her long lace gloves. #elegant #dlws

@VictoriaPerrie: Not stoked to drive in #Winnipeg. At least when you live there you ease into it. Look out, I'm going to be a hazard to society



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With Dec. 21 fast approaching, we ask a few celebs what they might do if they were faced with the end of the world

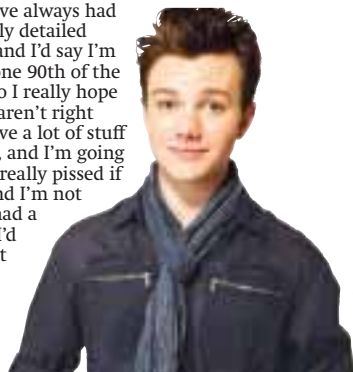
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Metro World News in Hollywood

CELEBRITY BUCKET LISTS

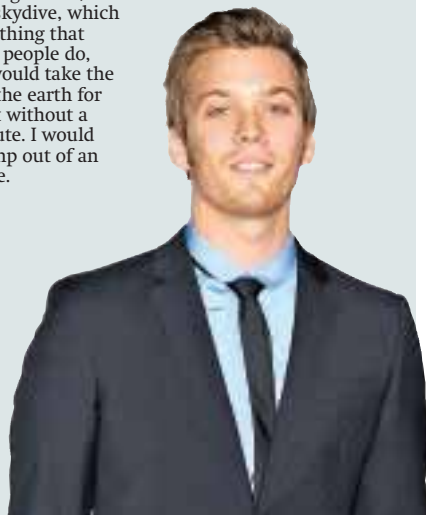
Chris Colfer (Glee)

You know, I've always had a really, really detailed bucket list, and I'd say I'm only about one 90th of the way there, so I really hope the Mayans aren't right because I have a lot of stuff I want to do, and I'm going to be really, really pissed if it all ends and I'm not able to. If I had a month left, I'd probably just go on a very expensive vacation.



Jake Abel (The Host)

If I knew the world was going to end, I would skydive, which is something that normal people do, but it would take the end of the earth for me. But without a parachute, I would just jump out of an airplane.



Joel McHale (Community)

An end of the world bucket list? Yes. A really sturdy bucket.



Teresa Palmer (Warm Bodies)

Oh gosh, end of the world bucket list? Yeah, I would've liked to have had a baby before the end of the world, but there's not really time for that. I'm not sure what I'm going to do. I want to jump out of a plane, for sure. I would just eat so much food, 24/7 just eat and eat and eat. Travel around the world, eating from all different cultures. That'd be amazing.



Kellan Lutz (The Twilight Saga)

No, I don't (have one), because I don't believe the world's going to come to an end. God never gave a date so I don't believe it's going to happen. So there's no need for me to make a plan B with all that. I'm just living my life every day to the fullest.

Maggie Grace (Taken 2)

Honestly, one of my sort of bucket list items I just ticked off. I did a Broadway play for the first time. It was terrifying. But it's something I've wanted to do since I was 11 years old. So I at least checked one off.



Week of Armageddon

Check out Metro all week for more stories of apocalyptic proportions.

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Judd Apatow's films are a family affair

This is 40. Director's biggest worry when working with his kids on set is preventing a revolt from happening



NED
EHRBAR

Metro World News in Hollywood

This is 40 marks the third time Judd Apatow has directed his wife, Leslie Mann, and their two daughters, Maude and Iris, following Knocked Up and Funny People. But with the girls getting older, the writer-director is giving them more to do on screen — something he admits can backfire while filming. We sat down with Apatow to discuss the family working dynamic.

When you're directing your own children, is there a sort of loophole around the usual Hollywood laws for child labour?

There isn't, really. In fact, it works the other way because I look like a jerk in front of the crew if I do anything that seems like pushing with my



Judd Apatow, left, claims he has to make his sets fun for his kids when he's directing them in his films. HANDOUT

kids. I have to be very polite — a kiss-ass, really — so there isn't a revolt on the set. I was always afraid that they would just get bored or tired

and want to go home, and I would be stuck in this position of saying, "You're not allowed to go home, you're at work." So I worked very

hard to make it fun for them so they wanted to stay on the set. And they did. In real life, at that time they had a lot of sibling rivalry, and as a result

of having to play out all these scenes together where they fight really hard, I think they've seen it from another angle and ever since we shot

the movie, they've gotten along really well.

Are they at all worried that as they grow up they'll be the subject of more of your movies?

We haven't talked about it. They're at that age where every six months they're completely different people, so there's not that much long-range thinking going on. They had a really good time making the movie, they're proud of it, they're having their first real experience of what it's like putting a movie out into the world that they're proud of, but they don't have any plans about acting. They have enough trouble with math and biology.

Was there any effort to get Katherine Heigl involved for at least a cameo?

I just thought honestly about where everybody would be five years later. It would make sense to me that (Heigl's character) Allison got a job somewhere else working at a TV station. They're probably in Atlanta or something like that, Seth and Katherine. I didn't want to bring a lot of people back because I wanted this to be its own world.

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OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

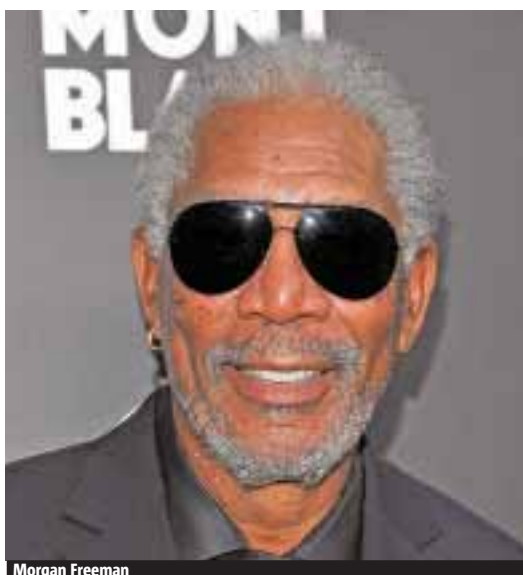
The big ol' babies of 2012



THE WORD
Dorothy Robinson
scene@metronews.ca

The past few days have been rough for everyone, so I'm going to dedicate today's column to some of the biggest celebrity babies who made their appearance this year. That's right: lots and lots of adorable babies! Who: Blue Ivy Carter Parents: Jay-Z and Beyoncé Given the media attention surrounding the birth of Blue Ivy, it's pretty surprising the world didn't tip off its axis when she came into the world on Jan. 7. Who: Samuel Affleck Parents: Jennifer Garner and Ben Affleck The movie-star duo welcomed

their first son on Feb. 27. Not much is known about baby Sam, other than he'll probably be ridiculously good looking and talented. Who: Maxwell Johnson Parents: Jessica Simpson and Eric Johnson After following the longest pregnancy known to man, Simpson finally birthed baby Maxi on May 1. And now she's allegedly pregnant again. That, or maybe she's just constantly gestating. Who: Jack Pratt Parents: Anna Farris and Chris Pratt Not a lot of fanfare was made about baby Jack's somewhat premature appearance on Aug. 25. Instead of gracing any magazine covers to showboat the news, new dad Chris Pratt Tweeted this message to his followers, "It's a boy! Thanks for all your kind words. In lieu of gifts we ask that you mouth kiss a stranger."



Morgan Freeman

Newtown tragedy: Freeman didn't comment

Not so fast, Facebook users. A lengthy quote attributed to Morgan Freeman in the wake of the Newtown, Conn., elementary school shooting tragedy has been making the rounds on the social networking site, suggesting media coverage

encouraged the shooter. The only problem is those aren't Freeman's words. "Morgan neither made statements or posted those statements. We are trying to find out who did, but they did not originate from him," a source for the actor tells E! News.

Matt Damon sets the record straight on his sexual orientation

Matt Damon has been dodging gay rumours ever since he and best friend Ben Affleck burst on the scene with *Good Will Hunting*, but he's avoided acknowledging them — until now. "I never denied those rumours

because I was offended and didn't want to offend my friends who were gay — as if being gay were some kind of f---ing disease," he tells *Playboy* magazine. "It put me in a weird position in that sense. The whole thing was just gross."



Twitter



@HackedOffHugh

Taking gooner nephew to Emirates. Thanks to all Walcotts. Will try not to start ruck.



@ZacharyQuinto

lately been feeling like the disgruntled child of divorced parents twitter and instagram. pull it together you guys. this is embarrassing.



@EmmaBunton

So many people running on the streets of London, that's it im gonna get fit,,,,,, after Christmas!!!



@Joan_Rivers

I love celebrity Christmas carols. in Jessica Simpson's house they'll stand around the piano singing, "I Saw Daddy Kissing Santa Claus."

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Last minute holiday health

Fitness. Celebrity trainer Ashley Borden has a Christmas gift for you: expert tips to avoid temptation

ROMINA
MCGUINNESS
life@metronews.ca

What was the point of kicking yourself into shape last January if you're going to let all your efforts go to waste in the last two weeks of the year?

"You should absolutely indulge during the holidays because if you restrict yourself, you'll only feel deprived and frustrated," Ashley Borden, who trains celebrities including Ryan Gosling, Christina Aguilera and Ke\$ha, tells Metro. "The problem is that people tend to adopt an 'all or nothing' attitude and as a result, their fitness and diet completely goes out of the window."

Here's what she'd do in certain situations.

Scenario 1: There is no way I can ditch my family so I can go off and do some exercise.

"I don't believe that because you're with your family, you can't take the time out to workout," says Borden.

"Why would you turn off your life and drop the things that are actually helping you feel good? Many people find dealing with the full family dynamic both stressful and emotional — making it even more important that you set aside an hour or so each day of 'me' time where you can let off some steam.

"It may seem a little self-

ish, but don't care."

TIP: Focusing on yourself will make you a more productive family member because you'll feel less resentful for being locked in the house stuffing the turkey and chopping up carrots.

Scenario 2: The holidays are about switching off. I don't want to stick to a schedule.

"Normally, people find it easy to stay on track because they follow a set routine. They get up, cycle to work, have breakfast and so on," says Borden. "But during the holidays, because there isn't the same schedule and structure, diet and fitness habits can become very erratic. The assumption is that once it's all over, losing the extra weight and bloat will be easy when deep down we all know we're going to struggle. The key is to not schedule in exercise. Make loose but firm plans — book a spinning class or stock up on fruit and vegetables so you have something to snack on."

TIP: Wake up without an alarm. Have some breakfast before you do a quick 30 minute cardio workout. Once you've done that, you can relax for the rest of the day.

Scenario 3: Festive food is my favourite. I'm going to starve myself all day just so I can stuff my face at dinnertime.

"Never assume that it's OK to skip meals during the day in order to lash out at Christmas dinner. This kind of behaviour will really screw up your eating patterns," warns Borden.

"Your body can't assimilate and metabolize all these calories at once and that's how you end up gaining weight. It's much easier to eat a normal dinner and allow yourself a bit of indulgence. One slice of cake won't make

or break your body."

TIP: On days when you know you're likely to over-eat, try and break a sweat for at least 20 minutes.

Scenario 4: It's impossible to workout in my hotel.

"If you're really stuck at your

in-laws in the middle of nowhere, you always have your body weight to use.

Set up a mini circuit in your room — even if you have very little space, you can train for around 30 minutes by doing reverse lunges, planks or pushups.

If you want to do some cardio, pack a jump rope."

TIP: Invest in some resistance bands with handles. And, again, pack a jump rope in your luggage.



Don't get sucked into the Santarexic habits this month. THINKSTOCK

Tips to a stress-free holiday

December should be a month of indulgence and happiness — then why is it always a time of conflict and drama? Laura Oates, behavioural psychologist at Harley Therapy in England, tells us how to avoid a mental breakdown.

Sorry, Christmas is not a Kodak moment

"We're expected to believe that as if by magic, we're all going to get on famously. We all wish we had a loving family that peacefully opened their presents on Christmas day, but in reality, you all wake up late, moody and hung over. Make the best of what you've got and you won't feel so cheated. If things go horribly wrong — well it only lasts a few days."

Have an attitude of gratitude

"The holidays can be a time of forced bonding and jollity, but rather than dwell on all the bad stuff, think about what you're thankful for. Yes, you might feel like punching Auntie Phyllis by the time she's had her third whisky, but if you remind (yourself) that you only have to spend one day a year with her — you'll have more patience."

Pretend you're still at work

"What makes you more effective at work can help you save time and beat stress at home. Time management skills: Salami slicing is time consuming, so do that first. Think of present buying as you would a big project — you'd never leave it to the very last minute. And if your sister is spoiled and a bully, deal with her assertively."

Don't trash your body

"Put too many demands on your body and what will happen is that you will end up running on adrenalin, which can cause up to 60 per cent of your cognitive powers to be taken away from you. You can lose sleep and concentration — now try planning something. Look after your body and it will look after your mind. Don't expect it to take you to loads and loads of parties."

3
TIPS

Velvety chocolate flavour shines in rich cheesecake



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rosereisman.com

You'll never eat a cheesecake that's so dense and rich tasting, yet so low in fat and calories. The combo of semi-sweet chocolate and cocoa powder gives this cheesecake its velvety chocolate flavour. Garnish it with fresh berries.

It comes in at 259 calories and just 10 grams of fat per serving.

1. Preheat oven to 350 F. Spray 9-inch springform pan with cooking oil.

2. Crust: Combine wafer crumbs, 2 tbsp water and oil in bowl and mix well. Pat onto bottom and slightly up sides of springform pan.

3. Filling: Combine chocolate chips and 2 tbsp water in microwaveable bowl and microwave for 40 seconds. Stir until smooth.



This recipe serves 12. MARK SHAPIRO, FROM ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)

4. Combine chocolate mix with ricotta and cream cheese, 1 cup sugar, cocoa, egg and 1/2 cup sour cream in bowl of food processor and purée until

smooth. Pour over crust. Bake 30 minutes. Centre should still be slightly loose.

5. For topping, mix sour cream

Ingredients

Crust

- 2 cups chocolate wafer crumbs
- 2 tbsp water
- 1 tbsp vegetable oil

Cheesecake

- 1/3 cup semi-sweet chocolate chips
- 2 tbsp water
- 1 1/2 cups light smooth ricotta cheese
- 3/4 cup light cream cheese
- 1 cup granulated sugar
- 1/4 cup unsweetened cocoa powder
- 1 large egg
- 1/2 cup low-fat sour cream
- 2 tbsp all-purpose flour

Topping

- 1 1/4 cups low-fat sour cream
- 2 tbsp sugar

and sugar. Carefully spoon over cake. Bake another 10 minutes. Cool on rack, then chill completely before removing the sides of the pan and serving. Top with chocolate wafer crumbs. **ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)**

Health Solutions

Your holiday cheat sheet



NUTRI-BITES
Theresa Albert, DHN, RNCP
myfriendinfood.com

Oh, come on, it's the holidays! We both know you are going to eat more than you should, so let's just embrace it. I encourage my private clients to switch to a "nutrient per calorie" model when they are going to cheat. That means that if you can't keep calories low, focus on those items that are loaded with nutrients and use them to enhance your "cheats." Here are three ideas:

1. Cranberry sauce

Assuming it is homemade and not from a can (which likely means more sugar), this condiment is a great way to stretch that brownie/Nanaimo bar/cake you have on your plate. A couple of tablespoons on the side will

give you a filling, tart kick of phytonutrients and fibre. The hope is that you can now resist that second slice...

2. Spice it up

Your brain registers intense flavours more actively than bland ones. This means that adding spiciness or low calorie intensity may help you feel satisfied with less food. Think hot sauce, spicy mustard or even horseradish — all will perk up your palate!

3. Fresh herbs

Oh, I know they are often only on the platter for garnish but who says you can't hog garnish? Fresh herbs are full of chlorophyll and tummy soothing nutrients that may replace the extra space on your plate that you are tempted to fill with mashed potatoes.

THERESA ALBERT IS AN AUTHOR AND ON CALL, PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MY-FRIENDINFOOD.COM



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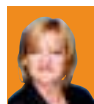


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Games to raise your money IQ

Alison on Money.

Website's game, called Cranial Cash Clash, helps teach you money skills



YOUR MONEY
Alison Griffiths
money@metronews.ca

It's not too late to raise your holiday money IQ! If you're feeling a little overwhelmed as the big day draws near, there's nothing like a game to improve your outlook.

The Investor Education Fund (getsmarteraboutmoney.ca) has created Cranial Cash Clash, a series of interactive games to teach money skills. The latest, Gift Thrift, offers tips about holiday spending, the use of credit cards and related topics such as credit ratings. You may find that a couple of the questions have fairly obvious answers, but they do get you thinking.

On the other hand, there are

many you likely don't know.

Try this one: If you decide to give a gift to your favourite charity or charities, does the amount you give affect the tax credit you receive?

Which is right?

A. No. As long as they are accredited charities, the benefit to you is the same.

B. Yes, but there may be restrictions for out-of-province charities.

C. Yes, the tax credit goes up if you give more than \$200.

D. No, it's a 15 per cent credit no matter how much you give.

The answer is C.

Gift Thrift can be played via Facebook with friends or family members. The Leaderboard lets you log in and keep track of scores as you go. There are eight other Cranial Cash Clash games dealing with everything from investing to financial scams and debt. The questions are randomized so you can't practice the answers for a certain win.

Bonus points are awarded when you answer within a certain time. If you flub, as I did on

Pop quiz

What is the interest free grace period on credit cards?

- A. There isn't one
- B. 30 days
- C. 14 days
- D. 21 days

• Answer (D)

a question about credit scores (my finger slipped, really!), you can input your email address at the end of the game to receive information about that subject area. You'll also see a link to a more detailed explanation.

Though not designed for youth, the series is also a great way to get teens and young adults thinking and talking about money issues. They won't be familiar with many of the topics, but the questions will stimulate discussion.

Cranial Cash Clash is a nice break from holiday shopping.

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca



Christmas presents

Gift buying for awkward people



FUN AND FRUGAL
Lesley Scorgie
money@metronews.ca

So your dad has a new girlfriend and you're still warming up to her. Sure, she seems nice enough, but without knowing much about her personal tastes, what should you buy her for the holidays when your budget is already tight?

We've all been faced with the "what to buy for the awkward person in your life" dilemma. You don't want to waste your money or offend your boss, co-worker, a not-too-close friend, or someone your friend or family member is dating. You may even want to impress the person with something useful or miraculously thoughtful.

Before you hit up the mall for the latest infomercial gadget, understand the relationship of the person to you and what they mean to you today and in the future. If you and your brother-in-law are off to a rocky start, you may want to extend a thoughtful olive



It can be tough to find an appropriate gift for every person in your life. ISTOCK IMAGES

branch that could help mend a bridge or two. If it's your boss, watch what you spend so that you don't come off looking like a suck-up, especially if your coworkers find out.

Determine the appropriate price point for the person. Have an open discussion with friends and family members in advance and set limits. This might be an opportune time to introduce the idea of a frugal Secret Santa gift exchange where you're only responsible for buying one gift for one person.

Be resourceful. Investigate what the person would want or need. Listen carefully when in conversation to see if they give away any hints. Ask some-

one who knows them well what they'd enjoy. Are they a coffee connoisseur or movie buff? If so, perhaps a travel mug, which reduces waste and saves a few pennies at the till, or a gift card to the movies, would be appropriate.

Cash in your loyalty rewards toward the gift so you don't have to dig deeper into your wallet. Better yet, forget buying a gift and make a donation on behalf of your coworkers to a well-known charity.

Overall, stop while you're ahead. You don't need to buy gifts for everyone in your life. This results in overspending or spreading out your budget so thin that you'll end up buying junk for people rather than something useful or thoughtful. If you've got loads of people you'd like to please with presents, try baking or making something small and thoughtful.

A frugal gift of appreciation for that awkward person might go a long way toward making the relationship more pleasant.

But if you really don't like the person, forget a gift and simply save your money.

Follow Lesley on Twitter
@LesleyScorgie



Talk with kids about shooting, make them feel safe: Experts

Family. Following the Connecticut shooting, it's best to limit kids' exposure to media

The killings at a Connecticut elementary school left parents struggling to figure out what, if anything, to tell their children.

President Barack Obama said he and his wife, Michelle, would tell their daughters that they love them and hug them a little tighter. Experts say that's a good example to follow. Parents also should allow children to talk about their feelings in the coming days while sheltering them from the 24/7 media coverage of the event, they say.

A man gunned down more than two dozen people Friday, most of them kids at a Newtown, Conn., elementary school. The shooter was among the 28 people left dead, apparently from a self-inflicted wound.

Whitney Finucane wasn't sure how and when she would talk with her son, Nico, about the shooting. She kissed and hugged him when he came out from kindergarten at Dr. Martin Luther King Elementary in

Providence, R.I., on Friday.

"I don't know how to explain insanity and evil to a five-year-old," she said. "I don't know that he can really grasp it."

Even the youngest schoolchildren are likely to hear about it, said Glenn Saxe, chairman of the department of child and adolescent psychiatry at NYU Langone Medical Center.

"It's really important, especially at this time, for parents to check in with their kids, to be attuned to how they're feeling, how they're doing and to answer questions honestly and straightforwardly," he said. "For any other kid in school, this has meaning. Parents need to understand that even in surprising ways, this can affect their kids."

Parents can start by asking their children what they've already heard and what questions they have, said Dr. David Schonfeld, a pediatrician and director of the National Center for School Crisis and Bereavement at Cincinnati Children's Hospital Medical Center. If they ask why someone would do something like this, it's OK to say you don't know.

"I wouldn't provide false reassurance or dismiss legitimate concerns," he said. "We

Safety at school

As students head back to their classrooms on Monday, parents and children should know that school shootings are rare and schools still are among the safest places, said William Lassiter of the Center for the Prevention of School Violence. Parents can ask their principal or parent-teacher group for a copy of their school crisis plan.

Notice whether schools stick to their own security plans, he said. Do people have to check in at the door and sign in at the front office, for example?

"A lot of times, the parents are the ones who need to remind the school," he said.

don't help children by telling them they shouldn't be afraid of things that are frightening."

Parents can tell their kids, "What is most important is that you're safe and you're going to be safe," said Dr. Louis Kraus, chief of child and adolescent psychiatry at Rush University Medical Center in Chicago.

Above all, parents need to try to help their children feel safe, he said. Helping kids return to or maintain normal routines can help minimize their anxiety, Kraus said.

Some children may ask the same questions over and over as a way to seek reassurance, and parents shouldn't dismiss them, said Dr. David Fassler, a child and adolescent psychia-

trist in Burlington, Vt.

"Acknowledge and validate the child's thoughts, feelings, and reactions. Let them know that you think their questions and concerns are important and appropriate," he said.

Parents of young children should keep their children from hearing reports on TV, radio and social media and to closely monitor exposure to media for all children, several experts said. Children who show persistent signs of anxiety and stress, including recurring nightmares or sleep problems and fears about leaving home, should see their pediatrician or a mental health expert, Kraus said.

THE ASSOCIATED PRESS



It's important to know what to tell your children after a tragedy. ISTOCK IMAGES

Jets' farm team steers back on course

AHL. Injury-plagued St. John's IceCaps halted franchise-record five-game losing streak over the weekend

A pair of back-to-back wins have brightened the outlook for the injury-plagued St. John's IceCaps.

"At the end of the day, regardless of who's out... you've got to make sure your game is where it needs to be, you can't sit back and feel sorry for yourself," coach Keith McCambridge said Monday.

The farm team of the Winnipeg Jets limped through a franchise-record five-game losing streak until this past weekend.

Then they battled through overtime Saturday to defeat the Northeast Division-leading Springfield Falcons 3-2 and shut out the Providence Bruins 4-0 Sunday.

It was a great way to start an eight-game road trip, as they look to move out of the AHL's Atlantic Division cellar.

Fortunately for the IceCaps, it's not a long trip from basement to penthouse, with only five points separating St. John's from the division-leading Portland Pirates.

"It is pretty tight so at least we can keep within striking distance, make sure

Road warriors

The IceCaps continue to bat above .500 on the road. Seven of their 13 wins this season have come away from St. John's.



Alex Burmistrov skates with the puck as a Winnipeg Jet against the New York Islanders in April. Burmistrov, a regular with the NHL club, had settled in nicely to his lockout-forced sojourn in the AHL before being injured. BRUCE BENNETT/GETTY IMAGES FILE

Quoted

"When you have some success and you get guys back from your injured list, it adds spark to your game." IceCaps coach Keith McCambridge on the positives of playing shorthanded.

His team's injury list is now just nine with the return of Jason Jaffray on Sunday.

we're getting as many points as soon as possible, and slowly integrate these injured guys back after Christmas," McCambridge said.

While McCambridge says injuries are no excuse, with 10 players in the infirmary at one point last week, they aren't a bad explanation.

And they include some point getters like Eric O'Dell and regular Winnipeg Jet Alex Burmistrov, who had settled in nicely to his lock-

out-forced sojourn in the AHL.

"He won't be with us before Christmas," McCambridge said of Burmistrov. "He's being assessed on a week-by-week basis in Winnipeg."

Nor will another big loss, centre Patrice Cormier, who has missed most of the season and is still recovering from knee surgery.

Their absence is felt even more acutely on a team

currently lacking offensive punch. Right-winger Spencer Machacek and defenceman Derek Meech are team scoring leaders with just 15 points apiece, which leaves them at 115th and 119th in the league.

McCambridge says the IceCaps have been getting solid goaltending from starter Eddie Pasquale and backup Mark Dekanich. But no matter how good the goalie, scoring is a must to win games.

Even with the casualties, he says St. John's managed to keep some games close during their losing streak, but still disappointed fans with four of those five losses on home ice.

THE CANADIAN PRESS

Men's soccer

Canada to name interim coach

Canada will name an interim men's coach to handle January soccer friendlies with Denmark and the U.S., according to the president of the Canadian Soccer Association.

The games are the first for Canada since it crashed out of World Cup qualifying in an 8-1 defeat in Honduras in October. Halifax resident Stephen Hart, despite support from his players, resigned days later as coach.

THE CANADIAN PRESS



Stephen Hart, former coach of Canada's men's soccer team. TORSTAR NEWS SERVICE FILE

NFL

Rushing record within reach for Peterson

The record many thought would never be broken is right there in front of him, and Adrian Peterson can smell it.

Heading into the final two games of the season, Peterson is 294 yards away from eclipsing Eric Dickerson's single-season rushing record of 2,105 yards set in 1984.

"It's something that I'm not focusing on, it's in the back of my mind, but I want to accomplish that," Peterson said of the record. "I want to let the chips fall where they may."

THE ASSOCIATED PRESS

Austin gets another CFL chance with Ticats



Kent Austin was named the Tiger-Cats' head coach, general manager and vice-president of football operations in Hamilton on Monday.

FRANK GUNN/THE CANADIAN PRESS

When Kent Austin turned the Hamilton Tiger-Cats down in 2011, he had no idea he'd be running the team a year later.

The Ticats and the Saskatchewan Roughriders both pursued Austin to fill their head-coaching vacancies in 2011, but he opted to stay in his job as head coach at Cornell University.

This time, the Ticats sweetened the pot.

On Monday, the club hired Austin as their head coach, general manager and vice-president of football operations.

"Last year, the timing wasn't

New decision maker

Kent Austin takes over as coach from George Cortez, who was fired last week after compiling a 6-12 record.

- Bob O'Billovich is out as GM and is mulling over an offer to remain with the franchise as a consultant.

right," Austin said during a news conference in Hamilton.

"But things change and for me this opportunity continued

to grow and continued to grow in our thoughts. I just thought it was the best time and my family really wanted to come."

In his new roles, Austin is in charge of all football-related decisions, something he says was more attractive to him. Still, he was surprised the Ticats gave him a second chance.

"Sometimes opportunities come around once in this profession and if you pass them up you don't see them again," he said. "But for whatever reason it did and came at a time that was right for us."

THE CANADIAN PRESS

Stamkos staying active while away from NHL ice

Lockout. Top sniper trying to 'pick up positives' while awaiting end to labour unrest

The longest hiatus Steven Stamkos has ever taken from high-level hockey is not without its occasional good moments.

There are always plenty of laughs when the NHL star takes the ice for a weekly pickup game with his father, Chris, and some buddies, a handful of whom are almost three times his age. There is the extra time spent in the gym alongside close friend and mentor Gary Roberts.

And then there is the anticipation of next week's Christmas celebration, the first one he'll get to enjoy at home with family in Markham, Ont., in six or seven years.

"As tough as it is, as frustrating as it is, you try to pick up some positives," said Stamkos.

Quoted

"We feel bad for (the fans), but we're obviously trying to get something done."

Steven Stamkos

But it's clear the NHL's most dangerous scorer is feeling the pain of the lockout. Standing under the sloped roof at the building formerly known as Maple Leaf Gardens on Monday, the locked-out Tampa Bay Lightning forward couldn't help but slip in a few references to his growing displeasure.

"It's frustrating," said Stamkos. "You do something for your whole life and you don't really think anything of it. Everything you do is geared towards playing hockey. Now when you don't have that, it's tough."

The 22-year-old quickly steered the conversation back to a charity game in Toronto on Wednesday night, where he'll captain a team against one led by Montreal Canadiens defenceman P.K. Subban.

He'll get to skate alongside James Neal, Dion Phaneuf, Phil Kessel and Logan Couture, among others, with all of the proceeds from the sold-out Mattamy Athletic Centre benefiting the NHLPA's Goals & Dreams Fund and the RBC Play Hockey program.

"When there's no hockey, you try to find other things to do and a great cause to be part of," said Stamkos. "This is one of them."

THE CANADIAN PRESS

State of the lockout

- **Games cancelled.** Players have missed six pay cheques with 526 games cancelled through Dec. 30.

- **State of talks.** Neither side is meeting. The NHL and NHLPA met with federal mediators in New York Dec. 12-13, but then talks ended.

- **Happening now.** All 750 players are deciding whether to give their 30-member executive board the mandate to file what is known as a "disclaimer of interest." A two-thirds majority is needed to take the next step — dissolving their union. The five-day informal electronic vote is being conducted until Thursday.

- **Will it pass?** Think "solidarity" here. There's no way players won't get behind this move. Not giving their board this power basically ends the game with Gary Bettman smiling like the Cheshire Cat from Alice in Wonderland.
TORSTAR NEWS SERVICE



Tampa Bay Lightning sniper Steven Stamkos is keeping busy during the NHL lockout by playing pickup hockey, working out and getting involved in charity games. BRUCE BENNETT/GETTY IMAGES FILE

Stalemate

No talks scheduled, but NHLPA 'ready to meet'

The standoff continues for the NHL and NHL Players' Association.

Another day passed without communication between the sides, who have no plans to return to the bargaining table and appear to be digging in.

"We've always been willing and ready to bargain," NHLPA special counsel Steve Fehr told The Canadian Press Monday night. "It seems like the league has ... paused or cut the process off several times over the last few months. I don't know that we ever have."

"We're ready to meet whenever they're ready to meet."

According to Fehr, he and deputy commissioner Bill Daly last communicated with one another via email on Friday night. Daly indicated that there had been no miscommunication between the parties.

"They know where we are and we know where they are," he said. "We are still a long way apart. I'm sure if either one of us has a new idea for moving the process forward, we know how to get in touch."

THE CANADIAN PRESS

Chance to contend too tempting for Jays GM to pass up



R.A. Dickey, the National League's Cy Young award winner in 2012, passed a physical on Monday and signed a two-year extension with the Blue Jays with a club option for the 2016 season. DENIS POROV/GETTY IMAGES FILE

Blue Jays general manager Alex Anthopoulos paid a steep price to land knuckleballer R.A. Dickey, but he says it was the deal he needed to make for Toronto to be contenders for longer than just next season.

Anthopoulos made another splashy move in an off-season full of them, acquiring the 38-year-old reigning NL Cy Young winner in a bid to improve the Jays' starting rotation.

"We're just so close to con-

Quoted

"Looking forward to a new chapter with the Jays."

R.A. Dickey on Twitter after officially being acquired by the Blue Jays on Monday.

tention," Anthopoulos said on a conference call Monday night. "It's not just about one season, this allows us to put what we feel is a contending team together for an extended run,

for a three to five year period."

The Jays gave up prized young catcher Travis d'Arnaud to the New York Mets as part of a package.

Toronto then signed Dickey to a two-year contract extension for \$29 million US, with a \$12-million option for the 2016 season. Dickey was already signed for \$5.25 million next year.

The Blue Jays also acquired catcher Josh Thole and minor-

league catcher Mike Nickeas, while the Mets received catcher John Buck, minor-league right-hander Noah Syndergaard and minor-league outfielder Wuilmer Becerra.

"As painful as it was to trade the kids that we did trade, it might be three or four years down the road before they become all-star status, or whatever is going to happen to them," said Anthopoulos.

THE CANADIAN PRESS

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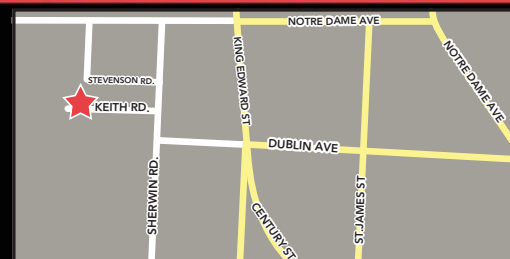
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Horoscopes

Aries

March 21 - April 20
It may be hard to tell fact from fiction today, so don't jump to conclusions. What others say and what others mean are likely to be two different things, so it's essential that you read between the lines.

Taurus

April 21 - May 21
Attitude is everything, especially on the work front where you need to convince yourself that all things are possible. Your thoughts, more than ever today, will create your reality. Think success and you will be a success.

Gemini

May 22 - June 21
You would be wise not to make any major decisions or announcements today. You may be bursting to tell the world about what you have done but you will get a much better response if you leave it a while.

Cancer

June 22 - July 23
You are in danger of making something that is not that important appear bigger than it actually is. Your task today is to focus your mind on something that makes you feel good, something that lifts your spirits to new heights.

Leo

July 24 - Aug. 23
Don't be too eager to make changes today because there is a lot you don't know. That applies to all areas of your life but especially to your work and career. Hints and gossip could easily mislead you.

Virgo

Aug. 24 - Sept. 23
Most of the time, you put logic before emotion but today's aspects warn you could go right the other way and act on feelings alone. Will it pay off? Maybe not, exactly, but no great harm will come of it.

Libra

Sept. 24 - Oct. 23
You will get conflicting information from people with different agendas today and there is no way of knowing who is telling the truth. Therefore, you must ignore everything and act only on what your inner voice tells you.

Scorpio

Oct. 24 - Nov. 22
You are reading too much into a situation that is really quite simple. Not only that, but certain individuals are trying to influence your thinking to make you feel insecure. Don't let it happen. Believe in yourself.

Sagittarius

Nov. 23 - Dec. 21
If knowledge is power then it stands to reason that the more knowledge you have about what is going on, the more power you have to influence the outcome. But don't give knowledge away or your power will fade.

Capricorn

Dec. 22 - Jan. 20
Someone will go out of their way to make life difficult for you today, but if you stay calm and refuse to react you will do your reputation a power of good. Always behave as if the world is watching you.

Aquarius

Jan. 21 - Feb. 19
You could easily allow yourself to believe that you can do or say anything without repercussion, which is a dangerous attitude to take. Think before you act today. It could save you a lot of trouble.

Pisces

Feb. 20 - March 20
You may think that by supporting certain causes you are doing good in the world but are you truly committed on a personal level? One cause above all others is precious to you — give it your undivided attention. **SALLY BROMPTON**

Crossword

Across

- 1. Soft throw
- 4. Pull behind
- 8. Portico
- 12. French soul
- 13. Called up
- 14. TV executive Griffin
- 15. What Gloria called Edith
- 16. Invoice abbr.
- 17. Old model car
- 18. Rain or snow
- 24. Part of the eye
- 25. Tic tac toe win
- 26. Editing mark
- 28. Sanford and —
- 29. Coral reef
- 32. Summer cooler
- 33. Parisian school
- 35. Beer
- 36. Writing implement
- 37. Contented sighs
- 38. Elevator pioneer
- 39. —: Crime Scene Investigation
- 40. Rattle
- 42. Susan Lucci daytime soap (3 words)
- 48. Island welcome
- 49. Actor Wallach
- 50. “—the Right Thing”
- 51. Work on the street
- 53. General vicinity
- 54. Gun the engine
- 55. Olden sword
- 56. Workplace ogre, sometimes
- 57. Found on 39 across (abbr.)

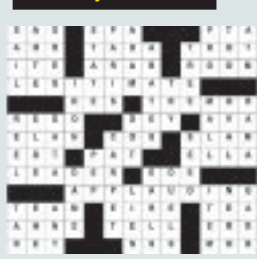
Down

- 1. Desktop fixture
- 2. Actor Sharif
- 3. Who Wants to — a Millionaire?
- 4. Let the water out
- 5. Highway exits
- 6. Hostile
- 7. “I Will Survive” singer (init.)
- 8. Size before med. and lg.
- 9. Actress — Hatcher
- 10. Black and white cookie
- 11. Big name in cosmetics
- 19. Comic DeGeneres
- 20. So-so grade
- 21. Hammer or saw
- 22. First class (2 words)
- 23. “—Sir, With Love”
- 26. Drop bait lightly on the water
- 27. Dutch city
- 28. Distress call letters
- 29. Prepare food for a party
- 30. Living It Up! With — and Jack
- 31. Affirmative
- 33. Moderate
- 34. Elegant
- 38. This — House
- 39. She played Katherine Welling-ton on Harper’s Island (init.)
- 40. Irritates
- 41. Assumed name
- 42. Swiss mountains
- 43. List
- 44. Inhabit
- 45. Medal recipient
- 46. Paradise
- 47. Star
- 52. Shoe width
- 53. Blood type
- 54. Host of ‘70s Family Feud (init.)

BY BETTY MARTIN



Yesterday's Crossword



What's online

See today's answers
metronews.ca/
answers.



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Sudoku



Weather

TODAY

WEDNESDAY

THURSDAY



MAX: -6°
MIN: -10°



MAX: -9°
MIN: -17°



MAX: -16°
MIN: -21°



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